

Delaware Developmental Disabilities Council (DDC)
Adult Issues Committee
Minutes of Meeting, Friday, September 16, 2016
DDDS Fox Run, 2nd floor training room
2540 Wrangle Hill Road, Bear, DE
And
Teleconference
302-526-5475
Conference ID 6940783#
9:00 AM to 12:00 PM

Members present at meeting location: **Terri Hancharick**, Committee Chair, Parent Advocate; **Karen Gallagher**, Self-Advocate, Committee Vice-Chair; **Bill Monaghan**, Advocate, Delaware People First; **Barbie Monaghan**, DDC Chair, Advocate, Delaware People First; **Vivian Turner**, Director- Collaborative Efforts to Reinforce Transition Success (CERTS); **Gary Mears**, Parent Advocate

Members Absent: **Carol Barnett**, Division of Services for Aging Adults and Persons with Physical Disabilities (DSAAPD); **Alvin Emory**, Self-Advocate; **Laura Strmel**, St. John's Community Services

Members Attending Via Teleconference: **HarrietAnn Litwin**, Division of Vocational Rehabilitation

Staff Present: **Kristin Cosden**, Social Services Administrator, Delaware Developmental Disabilities Council (DDC); **Pat Maichle**, Executive Director, DDC

Guests Present: **Christopher Moore**, Department of Family and Community Medicine, Christiana Care Health System; **Wendy Strauss**, Executive Director, Governor's Advisory Council for Exceptional Citizens (GACEC); **Dr. Mary Stephens**, Department of Family and Community Medicine, Christiana Care Health System; **Dr. Catherine Dukes**, Sexuality Education and Training Institute, Planned Parenthood of Delaware; **Paul Braden**, Christiana Care

I. Call to Order: The meeting was called to order at 9:18 AM. Interim Chairperson Terri Hancharick noted that a quorum was present. Introductions were made around the room.

II. Approval of Minutes: The committee voted to approve the August 19, 2016 minutes as written.

III. Approval of Agenda: The committee voted to approve the agenda as written.

IV. -Chair's Report: Terri Hancharick declined to provide a report to allow the maximum amount of time for the planned discussion with the committee's guests.

V. - Staff Report: Kristin Cosden also declined to provide a report to allow the maximum amount of time for the planned discussion with the committee's guests.

VI. Current Business

A. Discussion- Sex Education for People with Disabilities:

The committee was joined by their invited guests, which included Christopher Moore of the Department of Family and Community Medicine, Christiana Care Health System; Dr. Mary Stephens of the Department of Family and Community Medicine, Christiana Care Health System; Dr. Catherine Dukes of the Sexuality Education and Training Institute, Planned Parenthood of Delaware and Paul Braden, Christiana Care. The committee invited the aforementioned guests to attend a committee meeting after hearing about their initiatives to promote optimal sexual health for individuals with disabilities in Delaware. The 2017-2021 State Plan includes an objective addressing sexual health for individuals with disabilities, and the committee wanted to start a discussion with community partners who are already working in the field.

Christopher Moore began the discussion by describing some of the many initiatives he is involved with in Delaware. These include the Wise Guys and Smart Girls Program, The Alliance for Adolescent Pregnancy Prevention, Making Proud Choices and Be Proud, Be Responsible.

Wise Guys/Smart Girls is a program that promotes the importance of communication, goals and relationships with a focus on reducing teen pregnancy and STD/HIV transmission. The program is geared toward young adults ages 11-18. The course involves ten 1-hour sessions. The Alliance for Adolescent Pregnancy Prevention (AAPP) gives teens the knowledge to stay healthy. AAPP helps reduce the number in youth who are sexually active, become pregnant or become teen parents. The program provides education in school and community settings. Making Proud Choices promotes a safer sex approach to STDs, HIV prevention and pregnancy. Making Proud Choices is geared toward middle school age males and females. Be Proud, Be Responsible operates under the same principle of the Making Proud Choices program, but it is geared toward high-school age males and females.

Dr. Mary Stephens spoke about the Adult Down Syndrome Clinic at Christiana Hospital. Dr. Stephens and Dr. Lou Bartosheski (sp?) started the clinic after observing a need for more specialized care for individuals with Down syndrome. Dr. Stephens is also the Director of School-Based Health Care Centers, which provide reproductive health services. Dr. Stephens stated that some schools have opted to offer extended reproductive health services, which includes offering some forms of birth control such as condoms and Depo-Provera.

Dr. Catherine Dukes of Planned Parenthood spoke about the many programs offered by Planned Parenthood of Delaware. Dr. Dukes provides specialized counseling for individuals with disabilities and, separately, their parents/caregivers. This is a one-on-one counseling session, and there is a fee for service for individuals who live in the community. For individuals who

reside in group homes, the Delaware Division of Developmental Disabilities Services (DDDS) has awarded Planned Parenthood a grant which covers the cost of the one-on-one counseling. Dr. Dukes stated that she also provides training for staff and nurses. Parent workshops include how to talk to your kids about sex. Referrals to the counseling and workshop programs have largely been by word-of-mouth. Dr. Dukes stated that the service could be offered to many more individuals. She said that the majority of referrals are from group home staff, who refer an individual to her for counseling on inappropriate touching behaviors in public, inappropriate use of social media and also for relationship-building skills.

Dr. Dukes shared "The Five Ps of Sexual Behavior", a Planned Parenthood publication, with the group. The Five Ps are: 1.) Privacy, 2.) Peer Partner, 3.) Permission, 4.) Protection, and 5.) Pleasure. Dr. Dukes provide copies of this document for all present. She also shared a position statement on sexuality jointly issued by the Arc of the United States and the American Association on Intellectual and Developmental Disabilities (AIDD). The position statement's opening paragraph states, "People with intellectual disabilities and/or intellectual disabilities, like all people, have inherent sexual rights. The rights and needs must be affirmed, defended and respected." Dr. Dukes provided copies of the position statement to all present and encouraged them to read and share it with others. She also provided a lengthy list of resources for sexuality and a range of physical and developmental disabilities.

The committee thanked all of the invited guests for sharing information and answering their questions. The group agreed that continuing to meet regularly would be beneficial for all who attended today's meeting. Kristin stated that she would send copies of the materials shared by all the guests by scanning and emailing them or sending them via state mail.

- B. Information Items from Committee Members:** No information items were shared by Committee members at this meeting.

VII.

There being no other new business, the meeting was adjourned at 10:39 AM.